

SAMARITANS



Fundraising tips for bookworms

Thank you for joining #TeamSamaritans! With your support we can be there for people when they need us most.

Love getting lost in a good book? Share your passion with others or set yourself a reading challenge and turn flipping pages into donations for Samaritans.

Fundraise with your book club

- If you're already part of a book club, dedicate a month or a year's worth of reading to Samaritans. You can stick to your favourite genre or pick a book that deals with mental health. Ask members to donate a few pounds and sell refreshments at your meeting to boost your donations.
- Leave plenty of time for discussion and consider topics such as how mental health or mental illness is portrayed in the book, and how we can help when we think someone might be struggling. Read our [Little Tips](#) and [SHUSH Listening Tips](#) for inspiration.
- If you're not part of a book club, you can join a club near you or set up your own. Search for groups on [Facebook](#) or [Meetup](#), and if you're setting up your own, recruit members from friends, family and colleagues.



Reading challenge

Setting yourself a challenge is a great way to stick to your reading goals for the year. Utilise apps like **Goodreads** to keep track of the books you've read and set up a **JustGiving** page to let everyone know about your challenge. Up the ante by offering to dress up as your favourite character for a day if you reach your fundraising target.

There are a few different ways you can set up the challenge:

- Quantity – maybe you want to read one book a week or month? Make sure to pick titles that you know you can read within that timeframe – if you're reading one book a week, choose books that are less than 200 pages.
- Theme – read all Jane Austen novels in succession, dedicate an entire year to reading only Nordic noir or read titles that deal with wellbeing and mindfulness to bring a little zen into your life. The choice is yours!
- Donor's choice – let your friends and family donate to add a new book to your list.



Book sale

Set up a book sale at work, school or a neighbourhood market to get rid of unwanted books. You can price up the books beforehand or ask for a suggested donation. Every £5 helps us answer one potentially life-saving call, so why not sell two books for £5? If you need any materials such as bunting or collection boxes to spruce up your event, get in touch with us at community&events@samaritans.org.

£5 could help us answer a call for help that could save a life

Book swap

Set up a book swap with friends, family and colleagues, and share your favourite reads with the world. Write a little note and tuck it into the pages, letting the next reader know what you loved about the book. Ask everyone taking part in the swap to donate to Samaritans.

Paying in your fundraising

By cheque

Make the cheque payable to 'Samaritans' and post to:

Community and Events Team,
Samaritans Registered Office,
The Upper Mill, Kingston Road
Ewell KT17 2AF

Remember to include a note with your details so we can say thank you.

Online

Go to samaritans.org/donate/pay-in

By phone

To make a donation over the phone, you can call our Supporter Care team on **03709 00 00 32**

By bank transfer

Get in touch with us on **03709 00 00 32** or at supportercare@samaritans.org



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